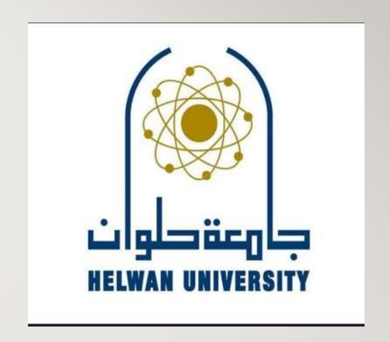




Evidence based practice.

Evidence Based Practice

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OBJECTIVES OF EBP:

1. Identify t:_he definition of EBP .
2. Identify the importance of EBP.
3. Know the components of EBP.
4. Know the types of EBP.
5. Know the steps of EBP.
6. Identify the barriers of EBP.
7. Discuss the role of nurse in EBP.
8. Application on EBP

INTRODUCTION OF EBP:

- EBP is an approach that aims to improve the process through which high quality of scientific research evidence can be obtained and translated into the best practical decision to improve health.

DEFINITIONS :

Definition of Research:

- Research is a systematic,organized process that used to collect and analyse information to investigate old knowledge or develop new knowledge of a topic or issue.

Definition of Evidence:

- Evidence is an information which is used to prove or disprove something that obtained from decoments or witnesses.

DEFINITIONS :

Definition of EBP:_

- Is a systematic approach that combines clinical expertise, patient values, and the best available research evidence in the decision making process for patient care.

Another Definition of EBP:_

- Is the application of the best scientific evidence in clinical decision making by integrating clinical experience, incorporating patient values, and preferences into the practice of professional patient care.

IMPORTANCE OF EBP:

- **For Nurses :**

1. Increase nurse ability to provide save and effective services.
2. Improve their knowledge, skills, performance, and confidence for health team.
3. Reduce variation in treatment and care.
4. Nurse can increase their patient's chance for recovery.

IMPORTANCE OF EBP:

- **For patients :**

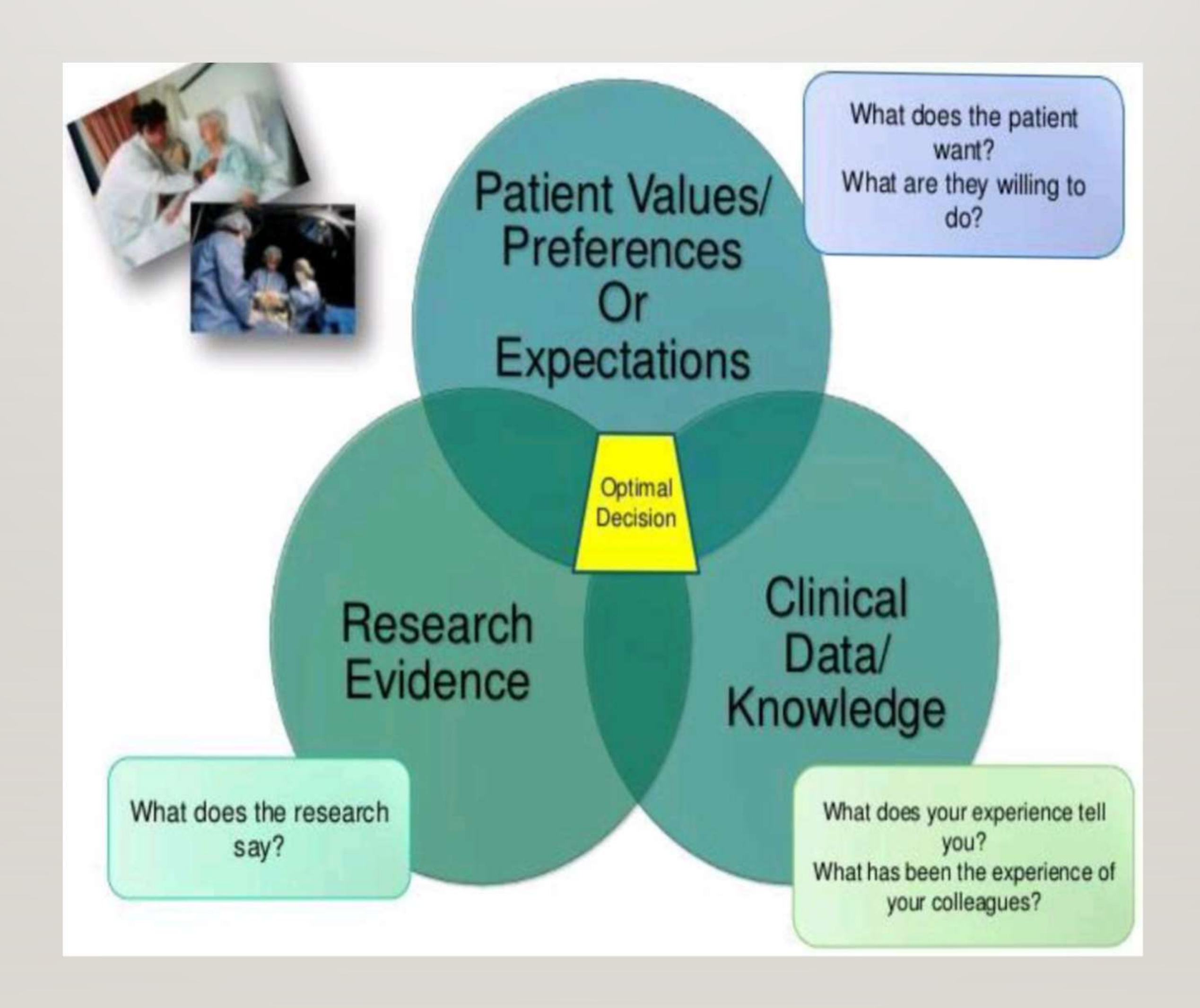
1. Decrease cost .
2. Decrease length of stay in hospital.
3. Result in better patient outcome.
4. Increase patient satisfaction.

IMPORTANCE OF EBP:

- **For Organizations:**

1. Significant cost saving.
2. EBP allow health care organization to position to themselves in the market as quality institutions.
3. Facilities communication.
4. Provide tools for education and research.

COMPONENTS OF EBP:



COMPONENTS OF EBP:

1. **Clinical practice .**
2. **Research evidence.**
3. **Patient needs / values.**

COMPONENTS OF EBP:

1- Clinical practice :

- The ability to use our clinical skills and past experience to rapidly identify each patient's Unique health status and diagnosis, their individual risks and benefits of potential Interventions and their values and expectations

COMPONENTS OF EBP:

2- Research evidence:

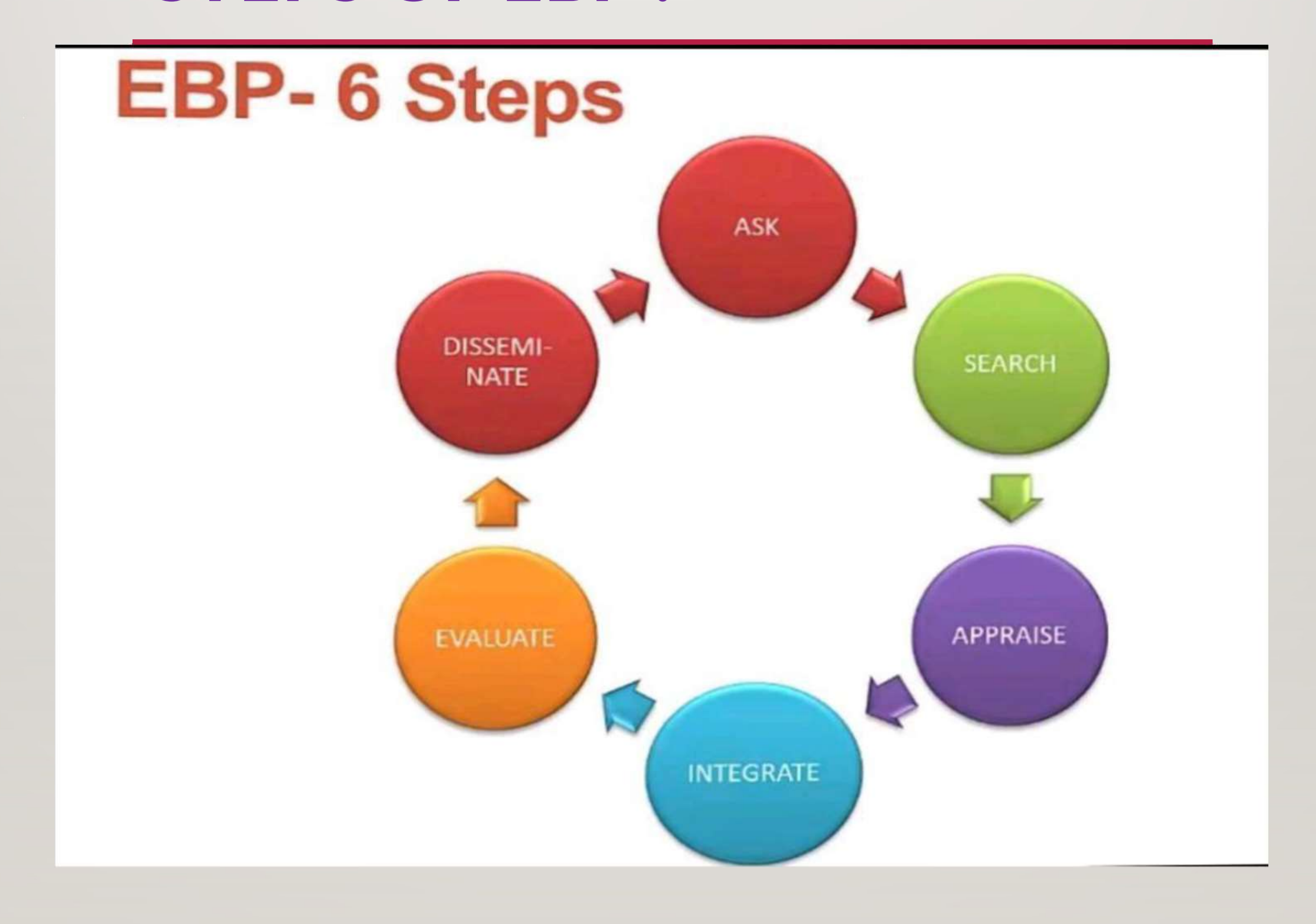
- The results of significant studies to find out which treatments, diagnosis methods, or ways of Predicting a patient outcome work best

COMPONENTS OF EBP:

3- Patient needs / values:

- The unique reference, concerns and expectation each patient brings to the clinical encounter And which must be integrated into clinical decisions if there are to serve the patient.

STEPS OF EBP :


EBP- 6 Steps
ASK
SEARCH
APPRAISE
INTEGRATE
EVALUATE
DISSEMI-
NATE

STEPS OF EBP :

1. **Ask.**
2. **Acquire (search).**
3. **Appraise.**
4. **Apply.**
5. **Asess.**

STEPS OF EBP :

1. **Ask:**

- Ask for need of knowledge change.
- converting the need for information (about Prevention, diagnosis, prognosis, therapy, Causation).
- Identify a problem; by converting a problem into a structured And answerable Clinical question through **PICOT** framework:
- .**(P)** Population to be looked at [problem/patient] .
- **(I)** Intervention, innovation or issue of interest.
- **(C)**Comparison or current intervention or issue of interest.
- **(O)** Outcomes related to clinical idea.
- **(T)** Time it takes for the intervention to achieve an outcome or time desired to evaluate the effectiveness of an intervention .

STEPS OF EBP :

2-Acquire (search):

- It should be from reputable resources.
- up to date not less than 2017.
- from nursing journal.
- . Research evidence not book, background information, expert opinion and reports.

STEPS OF EBP :

3-Appraise:

- that evidence for its validity (closeness to the truth) impact (size of the effect) and applicability (usefulness in our clinical practice) .

4-Apply:

- Integrating the critical appraisal with clinical expertise and with our patient's unique biology, values and circumstances .
- **5-Asess**:
- Evaluate the effectiveness of our practice and identify strengths, weakness and area for improvement.
- we need to assess our application of the research evidence to provide a satisfactory outcome for the patient.

BARRIERS TO EBP IN NURSING:

Barriers To Using Evidence Based Practice



- Research
- Nurse
- Organisational
- Profession Specific

BARRIERS TO EBP IN NURSING:

1. Research related barrier
2. Nurse-related barriers
3. Organizational barrier.

BARRIERS TO EBP IN NURSING:

1) Research related barriers:

- Research reports lack of clear practice
- Excessively statistical
- Too complicated

BARRIERS TO EBP IN NURSING:

2) Barriers related to nurse characteristics: -

- Lack of the knowledge needed to interpret statistical analyses
- Lack of interest.
- Lack of confidence in critical appraisal skills.
- Lack of knowledge and skills

BARRIERS TO EBP IN NURSING:

3) Barriers related to organizational

- Limited or lack of time.
- Heavy patient workloads.
- Inadequate staffing.
- Limited access to resources.
- Lack of support from nurse managers.

HOW TO OVERCOME BARRIERS OF EBP ?

- Education programs must be effectively implemented.
- Attaching nurses / health care team to national and international conference that encourage them to apply evidence in teaching.
- Identify time available for research when nurse face severe shortage.
- organization should identify line of authority and responsibility to conduct of EBP in research.
- Identify clinical problem and share them with nurse researchers.

HOW TO OVERCOME BARRIERS OF EBP ?

- Listen to people's concern about change.
- Link organizational priorities with EBP to reduce cost and increase efficiency.
- Support nurse to acquire skill needed to read ,evaluate and critically appraise evidence.
- Basic and graduate nursing program must begin to teach the value of EBP.*It's important to teach skills for using EBp in teaching.
- create means to reward individuals who provide leadership during change.
- Promote nurses/health care team reflection about what they are learning and How they are learning it .

ROLE OF NURSE IN EBP:

- To cary out evidence-based nursing several skills are needed, including literature Searching, a knowledge of research (to enable critique of research papers) and ability to Reflect on practice .

APPLICATION OF EVIDENCE BASED PRACTICE:

- Evidence Based Practice Related to Urinary Catheterization Problem:
- Urinary tract infections (UTIs) related to over usage or inappropriate usage of urinary catheterization.
- Evidence Based practice

APPLICATION OF EVIDENCE BASED PRACTICE:

- **Question Evidence:-**
- Hospital acquired UTIs are the leading cause of bacteremia's and gram negative infections patient. Catheterization should be limited to evidence based indicators such as neurogenic bladder, urinary retention and/or obstruction and best inserted to avoid the infection and its complication.

APPLICATION OF EVIDENCE BASED PRACTICE:

- **Strategy:-**
- Patients were assessed daily by the nurse using an approved validated and reliable assessment tool. Letters were placed on the medical record to the physician **encouraging the following :-**
- Hand Washing
- Avoid unnecessary urinary Catheters
- Insert urinary catheters using aseptic technique
- urinary catheters based on recommended guidelines
- Review urinary catheter necessity daily

APPLICATION OF EVIDENCE BASED PRACTICE:

- **Practice Change :-**
- Catheters were discontinued as a result of assessment, evaluating, and determining appropriate usage.
- Techniques were also implemented for preventing dislodgement/trauma from the catheter

- **Evaluation :-**

1. Number of catheter /days.
2. Unit location of catheter insertion.
3. Observance with specific technique


Thank You!
Any questions?